## CLAIMS

## We Claim:

1	1. A system for absorbing an impact, said system comprising:
2	a blow molded thermoplastic energy absorbing member comprising;
3	opposing first and second walls defining a hollow space;
4	a plurality of fused pairs of recessed ribs, each said fused pair comprising first and
5	second recessed ribs;
6	said first recessed rib is integrally molded from said first wall and having a first
7	recessed rib end;
8	said second recessed rib is integrally molded from said second wall and having a
9	second recessed rib end;
10	said first and second recessed ribs being integrally fused at a welded surface
11	disposed between said first and second recessed rib ends;
12	an average distance from said first wall to said welded surface is about
13	approximately 15.0 to 45.0 mm;
14	an average distance from said second wall to said welded surface is about
15	approximately 15.0 to 45.0 mm; and
16	said hollow space having an average height between said first wall and said
17	second wall of about approximately 30.0 to 90.0 mm.
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1	2. The system according to claim 1, further comprising an interlocking rib
2	disposed on said first wall, integrally coupled to at least two of said first recessed ribs.
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1	3. The system according to claim 1 further comprising an interlocking rib
2	disposed on said second wall, integrally coupled to at least two of said second recessed
3	ribs.
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1	4. The system according to claim 1 further comprising a first interlocking rib
2	disposed on said first wall, integrally coupled to at least two of said first recessed ribs and
3	a second interlocking rib disposed on said second wall, integrally coupled to at least two
4	of said second recessed ribs.
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1	5. The system according to claim 2, wherein said interlocking rib has a depth of
2	'b' mm wherein $3.0 \le b \le \sqrt{(a/0.5)}$ where 'a' is the average distance in millimeters
3	between said first and second walls.
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1	6. The system according to claim 2, wherein the recessed ribs are disposed on a
2	plurality of virtual straight lines 'c', said lines 'c' being oriented at an angle of about
3	approximately 30 to 60° from line 'd', said line 'd' being a line along a row of said fused
4	pairs of recessed ribs, said interlocking ribs being formed along at least one said line 'c'.
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1	7. The system according to claim 2, wherein said interlocking ribs are formed
2	such that a total length of all the interlocking ribs is in a range of 10 to 60% with respect
3	to a total length of all the lines 'c'.
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1	8. The system according to claim 2, wherein the interlocking ribs are a recessed
2	groove.
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l	9. The system according to claim 1, further comprising a swelling part disposed in
2	said first recessed rib end.
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l	10. The system according to claim 9, wherein said swelling part is formed in a
2	hollow shape.

. 1	11. The system according to claim 1, further comprising a stepwise part projecting
2	from the welded surface.
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1	12. The system according to claim 1, further comprising at least one unfused pair
2	of recessed ribs having an interval disposed between said first and second recessed rib
3	ends.
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1	13. The system according to claim 12, wherein said fused pairs of recessed ribs
2	comprise 50 to 80% of a total number of a sum of said fused and unfused pairs of
3	recessed ribs.
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1	14. The system according to claim 12, wherein said first unfused recessed rib end
2	has a surface chosen from the group of surfaces consisting of a concave surface and a
3	convex surface and said second unfused recessed rib end has a surface of the group not
4	chosen by said first recessed rib.
1	15. A system for the absorption of an impact, said system comprising:
2	a blow molded thermoplastic energy absorbing member comprising;
3	opposing first and second walls defining a hollow space;
4	a plurality of recessed ribs integrally molded from said first wall and extending toward
5	the second wall;
6	said recessed ribs comprising a fused recessed rib end;
7	said fused recessed rib ends being integrally fused to said second wall at a welded
8	surface; and
9	wherein a height of said recessed ribs from the first wall to the welded surface is about
10	approximately 15.0 to 45.0 mm.

1	16. The system according to claim 15, further comprising an interlocking rib
2	formed in said first wall, integrally linking at least two adjacent fused recessed ribs.
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1	17. The system according to claim 16, wherein the recessed ribs are disposed on a
2	virtual straight line, said interlocking ribs being formed along at least one line 'c', said
3	line 'c' being oriented at an angle of about approximately 30 to 60° from line 'd', said
4	line 'd' being a line along a row of said fused pairs of recessed ribs.
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1	18. The system according to claim 15, further comprising a swelling part disposed
2	in a welded surface.
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1	19. The system according to claim 15, further comprising at least one unfused
2	recessed rib comprising an unfused recessed rib end; and
3	an interval disposed between said unfused recessed rib end and said second wall.
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1	20. The system according to claim 19, wherein said fused recessed ribs comprise
)	50 to 80% of a total number comprising the sum of said fused and unfused recessed ribs.